

Three Rivers District Health Department & Home Health Agency

510 South Main Street
Owenton, Kentucky 40359
PH: (502) 484-3412
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FOR MORE INFORMATION:

KY Cabinet for Health and Family
Services

Frankfort, KY

<http://chfs.ky.gov>

<http://healthalerts.ky.gov>

KY Regional Poison Center: Louisville,
KY

EMERGENCY: 1-800-222-1222

Three Rivers District Health Dept.:

(502) 484-3412

www.trdhd.com

The Centers for Disease Control and
Prevention (CDC) Atlanta, GA

Toll free: 1-800-232-4636

<http://www.cdc.gov/h1n1flu>

WHAT IS SWINE FLU AND WHO IS AT RISK?

There are many types of influenza or “flu.”

- The type that currently has health officials worried is swine influenza A (H1N1).
- This disease affects mostly pigs.
- Swine flu is contagious and is spreading from human to human. It is not yet known how easily the virus spreads.
- It is treatable and at this time is not considered to be a severe health hazard.

WHEN DID H1N1 SWINE FLU BECOME A PROBLEM FOR HUMANS?

- The first human cases of this outbreak in the U.S. occurred in late March and early April 2009.
- The swine flu is thought to spread in the same way the seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with the virus. It is unknown how easily it spreads.

WHAT ARE THE SIGNS AND SYMPTOMS OF SWINE FLU?

- Sudden onset of illness
- Fever higher than 100.4 degree Fahrenheit
- Chills
- Cough
- Headache
- Sore throat
- Stuffy nose
- Muscle aches
- Feeling of weakness
- Diarrhea, vomiting, abdominal pain and/or exhaustion occur more commonly in children

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WHAT CAN PEOPLE DO TO PREVENT SWINE FLU?

The same steps you take to prevent the common cold apply when trying to prevent swine flu. The following are some general steps a family can take:

- Wash hands often with soap and water or use waterless, alcohol-based hand rubs.
- Cover the nose and mouth with a handkerchief or tissue when sneezing or coughing.
- Avoid touching the eyes, mouth, and nose, when coughing or sneezing.
- Keep children home from school, day care or other social gatherings if they are sick.
- Stay home from work or other public settings if you are sick.
- Avoid crowded places where people are confined in an indoor space.

IF PEOPLE MIGHT HAVE BEEN EXPOSED TO SWINE FLU, WHAT SHOULD THEY DO?

People who have been exposed to swine flu should do the following:

- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- If you have a fever, difficulty breathing, a cough, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, you should talk with a health care provider by telephone.
- Your health care provider will determine whether testing or treatment is needed.
- Before visiting a health care setting, tell the provider about your symptoms and that you may have been exposed to swine flu.
- Do not travel while sick, and limit your contact with others as much as possible to help prevent the spread of illness.

WHEN SHOULD I SEEK PROFESSIONAL TREATMENT?

If you become ill and experience any of the following warning signs, seek emergency medical care:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting